



Fundraising Plans!

Raising essential funds to support the work of Wrexham Carers Service is becoming increasingly important. With this in mind we are launching a new initiative, Friends of Wrexham Carers.

Friends of Wrexham Carers will be a voluntary run committee, made up of Carers, Former Carers and anyone else who supports the Cause. The main aim will be to fundraise to support the work carried out by Wrexham Carers Service.

The new committee met recently to establish their constitution and elect their committee officers. We are very grateful to all those who have expressed an interest in supporting this cause. Our committee Officers are:

Thelma Morgan (Former Carer)	-	Chairperson
Dave Moore (Carer)	-	Vice Chairperson
Sylvia Prankard (Carer)	-	Treasurer
Marion Kelsall (Carer)	-	Secretary

The committee is open to anyone over the age of 18 who is interested in supporting our cause. Contact us for more info. Meetings will be held 11.30am –12.15 on the first Monday of every month at our Drop In Session, Trinity Church, King Street. All welcome. We will update you as soon as possible with fundraising news and events.

MEET THE CARERS TEAM

Ceri Ord

Part Time Carers Service Co-ordinator

Marie Gibson , Roger Moore & Terri Brown

Part Time Support Workers

Annabel Boyce

Part Time Support Worker (Partners in Care)

Ramona Ozolina-Jones

Part Time Admin Support

Craig Hurst

Part Time Admin Support

Louise Bollington

Volunteer Counsellor

Jayne Wiecko

Volunteer Befriender

CONTACT US:

Wrexham Carers Service

21 Egerton Street, Wrexham LL11 1ND

FREEPHONE: 0800 276 1070

Office Tel: 01978 318812

Text: 07854 052574

Email: carers@avow.org



Find us on Facebook & Twitter

SUPPORT GROUPS & SERVICES

Support Groups

Drop in – held the first Monday of every month in Trinity church, King Street between 10am-12noon. Come and meet other carers in similar situations over a cup of tea.

Carers of Adults with Learning Disabilities

Meet Quarterly - date to be confirmed
Please contact Marie for details.

Male Carer Group - Jolly Boys

Please contact Roger for more details.

Young Adult Carer Group

Alton Towers – 8th August

Go Karting – 16th September

Please contact Terri for more information and to book your place.

What do we offer?

Advice, Information and Emotional support

Our support workers are able to offer you advice, information and emotional support at any time. If you would like to discuss your caring role please just pick up the phone.

Counselling – Free 1hr sessions every Thurs & Fri between 9.30am-12.30pm. Please note appointments are needed to attend this service.

Discounted Leisure Card – Entitles you to a discount at any of the Wrexham Council Leisure centres.

Telephone Befriending – Would you benefit from a regular telephone call from someone who understands your situation? For further information please contact Roger.

Therapeutic Back Massage Sessions

Sessions take place on Friday afternoons and appointments are needed to attend.

CONGRATULATIONS!



We are pleased to offer congratulations to Ramona who tied the knot last month in Latvia. Very best wishes to Ramona and Richard from all the Carers Team.

If you are interested in any of our services or support groups please call 0800 276 1070 or 01978 318812

Carer Events & Info

Music In The Garden – Erddig

Come along and join us for an evening of music in the grounds of Erddig. Seren Jones, harpist will provide the entertainment. Bring along your own picnic and blanket if you wish.

Where: Erddig (meet at the ticket office)

When: Thursday 21st August

Time: 6 - 9pm

Cost: £5 to be paid in advance - book now!

Wills & Trusts Information Session

A future planning information session covering all aspects of Wills & Trusts. It is never too early to sort these matters out.

Where: AVOW, Egerton Street, Wrexham LL11 1ND

When: Thursday 25th September

Time: 11am - 12.30pm

Cost: £2 to be paid in advance - book now!

Sleep Workshop – Parent Carers

Do you care for a child with a disability? Contact a Family will be joining us to offer their advice for sleep problems. This workshop will explore the common cause of sleep difficulties and offer useful tips to get a better nights sleep for the whole family.

When: Thursday 9th October

Time: 10am -12noon

Where: AVOW, 21 Egerton Street, Wrexham, LL11 1ND

Cost: £2 to be paid in advance - book now!

Motiv-8 Event

Do you care for someone with a mental health condition or would like to improve your own health and well-being? If so, come along to Motiv-8, a fun day packed full of activities and information that could help make a difference to you or the person you care for. BBQ, Refreshments, Zumba, table tennis, swimming, Pedal Power and much more.

When: Friday 29th August

Time: 9am - 4pm

Where: Ysgol Clwydog, Ruthin Road, Wrexham

Cost: FREE– no need to book

News & Information

Carers Emergency Card

What would happen to the person you care for if you were involved in an accident or taken to hospital? The Carer Emergency Card from the British Red Cross acts as a form of reassurance for Carers. Carrying the card means that in an emergency medics would call a 24/7 hotline, putting in place your choice of planned emergency support for the person you care for. Offering you peace of mind in an emergency.

For more information contact the British Red Cross on 01978 725204

Support For Veterans Families

Listen-In is a new service in Wrexham supporting the families and friends of Veterans, helping them to understand better the potential threats to mental well-being for those who have served in our armed forces.

They recognise the important part families and friends play in promoting recovery from problems associated with military service and the transition to civilian life. If you would like more information about this service please contact:

Listen In on 0300 777 2259 or listen-in@cais.org.uk

Alzheimer's Memory Walk - 20th September 2014

On Saturday 20th September the hugely popular Memory Walk returns. The 2 mile walk is open to everyone and is pushchair and wheelchair friendly too, on a route that takes in the picturesque grounds of Alyn Waters Country Park.

This is a fundraising day to walk, share and celebrate someone special with a community feel. The walk helps the Alzheimer's Society raise much-needed funds for people in your area with dementia.

The walk begins at 11.00am and there will be plenty of entertainment for the family from 10.00am – come along, celebrate, walk and discover local services for people living with dementia.

**For more information please contact the Memory Walk Team on 0845 3060 898
or email:memorywalk@alzheimers.org.uk**

NEW - Autism Summer Scheme

A brand new FREE parent & child Summerscheme will be open every Mon, Wed and Fri (10.15am - 12noon) from 21st July - 29th August at Garden Village Hall, Kenyon Avenue, Wrexham. Aimed at children with Autism under 5 years old.

More information is available on their Facebook Page - ASD Summerscheme